

# Ballyhoura Cycle Routes Kilmallock Hub

These cycle routes will guide you out to the countryside of farmland and forest surrounding the historic walled town of Kilmallock. Following the relocation of the 7th century monastery dedicated to Saint Mo Cheallóg, the town of Kilmallock has prospered on its riverside site. Kilmallock has been well defended since the 13th century and a place of great prosperity on the medieval road between the Munster cities of Cork and Limerick. Blossom Gate and much of the town wall still stand unchanged today, while the Collegiate Church, the Dominican Priory, King's Castle and the medieval mansion give a flavour of the town's former glory. From this important centre follow the routes established since medieval times into the surrounding countryside. You will find magnificent views of the Ballyhoura and Galty Mountains all along the way, as well as ancient sites preserved in an unspoilt landscape.



The National Cycle Network is being developed throughout Ireland. A number of Cycle Hub towns are located across the country. Each hub town has a number of looped cycle routes consisting of half day & day cycles.

**Loop 1: 70 kilometres : 5 hours**  
**Loop 1a: 22 kilometres : 1 hour**

Loop 1 is a circuit around the periphery of the Ballyhoura Mountains. The road follows the contours of the mountain foothills to the town of Doneraile, where there are ample opportunities for refreshment. There is one major climb on the eastern leg of the circuit; the mountain pass between Glensheen and Glenanaar. Ascending to 307 metres you will encounter breathtaking scenery here to reward your efforts. The entrance to the specially developed Ballyhoura mountain bike course is located along this section.

**Loop 2: 83 kilometres : 5 hours**  
**Loop 2A: 16 kilometres : 1 hour**  
**Loop 2B: 41 kilometres : 3 hours**  
**Loop 2C: 64 kilometres : 4+ hours**

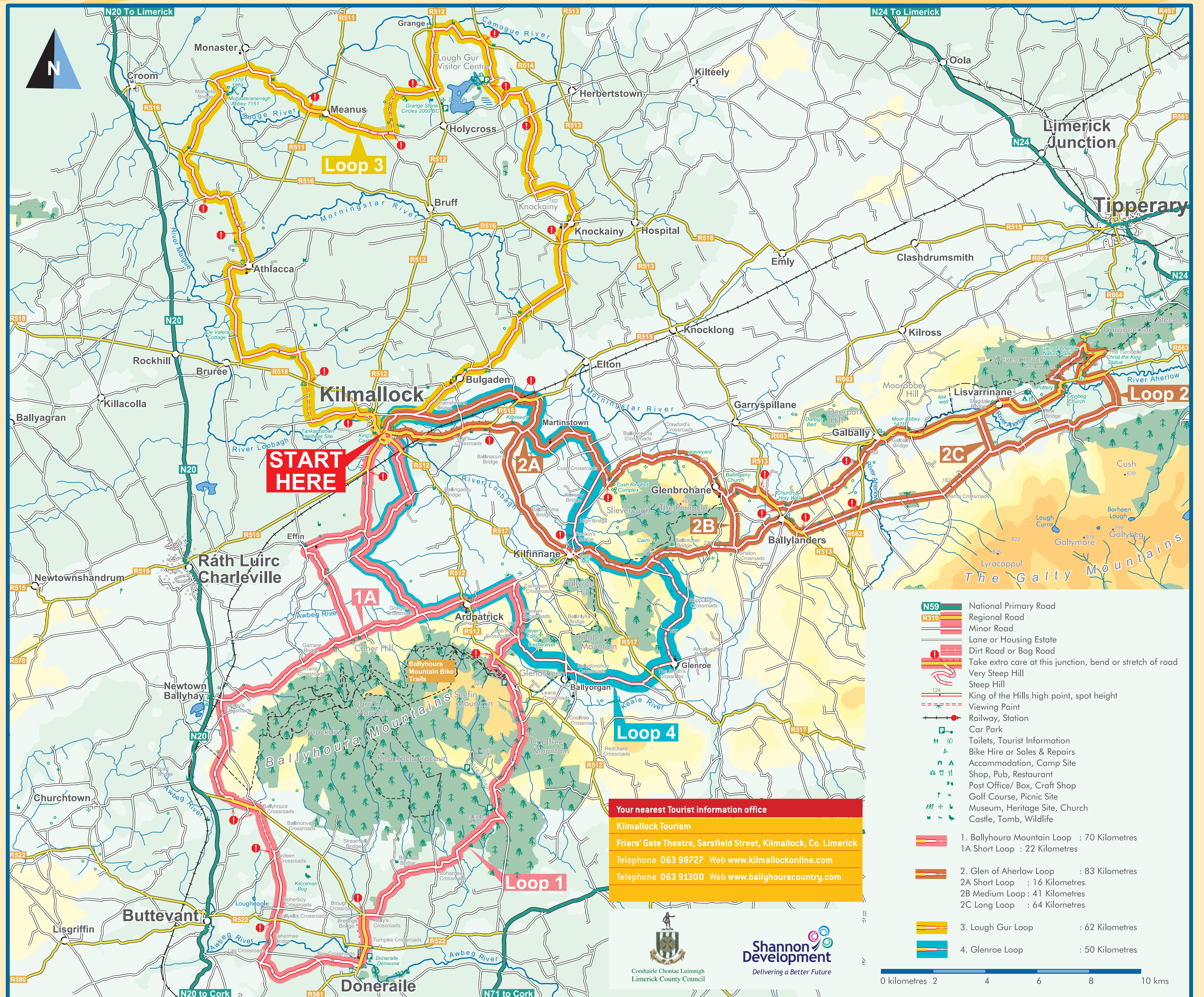
Loop 2 is a trip east to the Glen of Aherlow. There are fine views of Seefin, the highest peak of the Ballyhouras and of Galtymore Mountain. Having negotiated the first hill at Slieveragh you arrive into the Glen of Aherlow where you can decide which of the shortcut options is appropriate. Continuing into the heartland of the glen, past the villages of Galbally and Lisvarrinane you will finally encounter the iconic and very steep climb of Aherlow. Although not a particularly long climb, the tortuous hairpins and the magnificent views from the Christ the King statue make this "one to remember" for those who complete the entire circuit.

**Loop 3: 62 kilometres : 4 hours**

Loop 3 is a leisurely spin to the amenity area at scenic Lough Gur. Take time to visit the stone forts at Carrig Aille (7th-11th century) which command a wonderful panoramic view. Other castles and archaeological remains are also to be seen nearby. The area between Lough Gur and Knockainey is composed of short steep hills, but elsewhere on the route the gradients are gentle. The roads are quiet and relatively traffic free. Watch out for the De Valera cottage near Bruree, childhood home of Ireland's third president.

**Loop 4: 50 kilometres : 3+ hours**

Loop 4 is a shorter spin around some pleasant wooded hills near the townlands of Glenroe and Castle Oliver. You will pass the ornate gatehouses of the privately owned castle as you cruise along these secluded roads. Refreshments may be had at Ardpatrick or Kilfinnane.



These routes are part of a countryside network developed by Fáilte Ireland in association with the Local Authorities. Fuller details of these and other route options are available from [www.discoverireland.ie/cycling](http://www.discoverireland.ie/cycling)

**Fáilte Ireland**  
National Tourism Development Authority

**NTP**  
National Tourism Development Plan 2007 - 2013

- Leave no trace**
- Plan ahead & prepare
  - Be considerate of others
  - Respect animals & wildlife
  - Travel & camp on durable ground
  - Leave what you find
  - Dispose of waste properly
  - Minimise the effects of fire

**Your nearest Tourist information office**  
**Kilmallock Tourism**  
Friars' Gate Theatre, Sarsfield Street, Kilmallock, Co. Limerick  
Telephone 063 98727 Web [www.kilmallockonline.com](http://www.kilmallockonline.com)  
Telephone 063 91300 Web [www.ballyhouracountry.com](http://www.ballyhouracountry.com)

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Limerick County Council

**Legend:**

- N59 National Primary Road
- R319 Regional Road
- Minor Road
- Lane or Housing Estate
- Dirt Road or Bog Road
- Take extra care at this junction, bend or stretch of road
- Very Steep Hill
- Steep Hill
- King of the Hills high point, spot height
- Viewing Point
- Railway, Station
- Car Park
- Toilets, Tourist Information
- Bike Hire or Sales & Repairs
- Accommodation, Camp Site
- Shop, Pub, Restaurant
- Post Office/ Box, Craft Shop
- Golf Course, Picnic Site
- Museum, Heritage Site, Church
- Castle, Tomb, Wildlife

**Route Summary:**

- 1. Ballyhoura Mountain Loop : 70 Kilometres
- 1A Short Loop : 22 Kilometres
- 2. Glen of Aherlow Loop : 83 Kilometres
- 2A Short Loop : 16 Kilometres
- 2B Medium Loop : 41 Kilometres
- 2C Long Loop : 64 Kilometres
- 3. Lough Gur Loop : 62 Kilometres
- 4. Glenroe Loop : 50 Kilometres

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